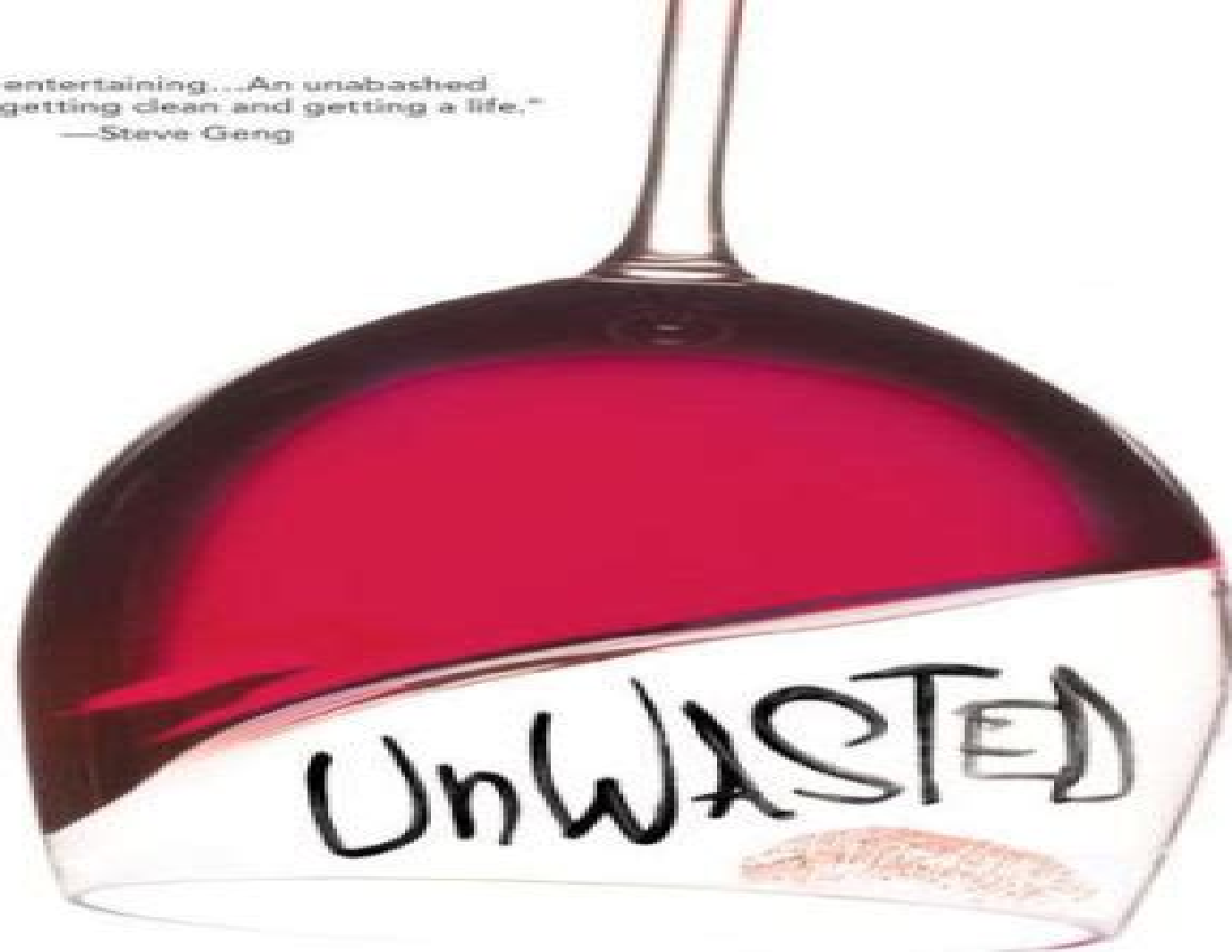


"Wildly entertaining...An unabashed
account of getting clean and getting a life."
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My Lush Sobriety

Sacha Z. Scoblic

Unwasted My Lush Sobriety English Edition

Catherine Gray



Unwasted My Lush Sobriety English Edition:

Unwasted: Sacha Z. Scoblic, 2011-01-28 Triumphant moving and wildly entertaining This is an unabashed and completely relatable account of getting clean and getting a life Steve Geng author of *Thick as Thieves* The single glass of wine with dinner the cold beer on a hot day the champagne flute raised in a toast what I'd drink if Hunter S Thompson wanted to get wasted with me these are my fantasies lately Too bad I've gone sober When Sacha Z Scoblic was drinking she was a rock star the days were rough and the nights filled with laughter and blackouts Then she gave it up She had to Here are her adventures in an utterly and maddeningly sober world and how she discovered that nothing is as odd and fantastic as life without a drink in hand A gripping inspiring tale that picks up where most sobriety memoirs leave off This is a story for anyone trying to enact meaningful change in their lives Emma McLaughlin and Nicola Kraus 1 New York Times bestselling coauthors of *The Nanny Diaries* Hilarious and heartbreaking *Unwasted* is a traveler's guide to the perilous wondrous land of sobriety Scoblic's scorched sweet prose is the work of a writer at the top of her form Jennifer Finney Boylan New York Times bestselling author of *She's Not There* Scoblic's testament to life on the wagon is pertinent and raffish marked by considerable candor and humor A dryly witty spirited memoir Kirkus Reviews

True Tales of Lust and Love Anna David, 2014-01-07 Anna David's *True Tales of Lust and Love* began as a one time only reading and storytelling show in January of 2012 a venue for writers and comedians to share and laugh at their dating disaster stories But after selling out the venue and attracting immediate press and buzz with articles in *The LA Weekly* *LA Times* *Time Out* *Flavorpill* and *LAist* among others David agreed to produce the show every month It has continued not only to sell out but also to attract a growing list of authors comedians and Hollywood writers As *Time Out* declared This is the place to go to see strong female performers With the show now booked indefinitely and with audio recordings of each performance available on iTunes Anna has collected the most popular and entertaining pieces into the first ever *True Tales of Lust and Love* anthology The book includes essays organized into three sections *Casual Sex* *Dating and Out of the Ordinary* which collectively offer up funny raucous insightful and surprisingly touching confessions about the quest for lust and love Everyone has dating disaster stories everyone needs to share and laugh at them and this anthology will give readers the opportunity to do just that with contributions from the funniest writers and comedians around pulled from the world of books TV and film *True Tales of Lust and Love* is the perfect complement for a funny or cynical Valentine's Day and beyond *The Unexpected Joy of Being*

Sober Catherine Gray, 2017-12-28 Going sober will make you happier healthier wealthier slimmer and sexier Despite all of these upsides it's easier said than done This inspirational aspirational and highly relatable narrative champions the benefits of sobriety combining the author's personal experience factual reportage contributions from experts and self help advice

Freely Sober Ericka Andersen, 2026-01-06 Andersen offers important insights on how women's relationships with alcohol are shifting as they grapple with increased pressures at home and work and her approach wisely utilizes faith as a recovery

tool without positioning it as a cure all Women of faith will be empowered Publishers Weekly Review September 2025 Get Honest about Your Relationship with Alcohol Sharing a drink with friends or a glass of wine at dinner can be a nice way to enjoy God's good gifts But what if these casual enjoyments turn into unhealthy habits For many drinking can easily become a dysfunctional coping mechanism or a dependency that's difficult to break In *Freely Sober* Ericka Andersen invites Christian women to reconsider their relationship with alcohol from a posture of honesty curiosity and self compassion offering empowering knowledge and trusted recovery principles for those curious about sobriety or seeking a way out of a habitual or destructive relationship with alcohol Andersen vulnerably shares her own story of sobriety reflecting on how her private drinking habits began impacting her faith and life Through her honest account she opens the door for sober curious women of faith to explore their drinking patterns and see clearly to choose what's best for them *Freely Sober* features Practical Tools for Growth Includes reflection questions action steps and assessments designed to help readers see alcohol more clearly Faith Based Guidance Invites readers to draw closer to God in their sobriety journeys leaning on the Holy Spirit and a supportive community for encouragement and accountability Accessible for a Variety of Stages Great for those who are sober curious questioning their habits or who want to dig deeper into how alcohol affects their life and faith *Freely Sober* charts a pathway to new habits healing and spiritual renewal through God's abundant grace for those looking for change Whether you're struggling yourself with grey area drinking are looking to support a friend or family member or are a ministry leader looking for resources *Freely Sober* offers wisdom and guidance for a way forward to freedom You are free to decide honestly thoughtfully whether your life is better with or without it You don't have to quit You don't have to cut back But you can And you can do it on your own terms not because anyone told you to but because you're free to choose what serves you best You can be freely sober Ericka Andersen *Freely Sober* *The Existential drinker* Steven Earnshaw, 2018-10-05 Looks at the nineteenth century convergence of a new kind of excessive habitual drinking and a new way of thinking about the self which we came to label existential **Sunshine Warm Sober** Catherine Gray, 2021-06-10 The long awaited sequel to *THE UNEXPECTED JOY OF BEING SOBER* Exquisite Fearn Cotton Happy Place A paean to the longer term pleasures of staying booze free The Guardian The kind of book that changes lives and very possibly saves them The Lancet Psychiatry A reflective raw and riveting read A beautiful book on what it takes to root for yourself Emma Gannon Ctrl Alt Delete No other author writes about sober living with as much warmth or emotional range as Catherine Gray Her deep insight into the subtle psychologies of drinking and of life means that everything she writes is both utterly relatable and stretches our minds Hers is a rare wisdom Dr Richard Piper CEO Alcohol Change UK What's it like to give up drinking forever We know now that being teetotal for one three even twelve months brings surprising joys and a recharged body but nothing has been written about going years deep into being alcohol free As Catherine Gray author of runaway success *The Unexpected Joy of Being Sober* streaks towards a decade sober she explores this uncharted territory in her trademark funny disruptive and warm way This is

a must read for anyone sober curious whether they've put down the bottle yet or not Praise for The Unexpected Joy of Being Sober Fascinating Bryony Gordon Truthful modern and real Stylist Brave witty and brilliantly written Marie Claire Gray's tale of going sober is uplifting and inspiring Evening Standard Not remotely preachy Sunday Times Jaunty shrewd and convincing Sunday Telegraph Admirably honest light bubbly and remarkably rarely annoying Guardian An empathetic warm and hilarious tale from a hugely likeable human The Lancet Psychiatry *Narratives of Addiction* Kevin McCarron, 2022-01-03

Narratives of Addiction Savage Usury is the first book to argue in the face of more than a century's received wisdom that drug addiction and alcoholism are undoubtedly evidence of individual moral flaws However the sense of morality that underlies this book is completely severed from Christianity Instead it is influenced in particular by the writings of the nineteenth century German philosophers Arthur Schopenhauer and Frederick Nietzsche both of whom insisted that a genuine morality was actually incompatible with Christianity The sequence of chapters moves from addictions on the streets into rehab clinics and finally into the meetings of Alcoholics Anonymous and Narcotics Anonymous This is the first book to argue that the search for pleasure drives alcoholism and drug addiction and not the numbing of pain Throughout the book I reject the claims of the medical profession as embodied by the American Medical Association that drug addiction and alcoholism are diseases and further argue that they do not have the authority to tell hundreds of millions of Americans that addiction is not a moral failing I also query throughout the book the claims of neuroscience psychology and the social sciences that addictions to alcohol and drugs are attributable to causes that their specific disciplines are best suited to understand I argue that there is nothing complex about addiction it is a simple behavioural disorder The language routinely employed to discuss addiction is similarly not complex just confused and so it is also the rhetoric of addiction discourse especially its use of simile metaphor and euphemism that this book evaluates Words without Walls Sheryl St. Germain, Sarah Shotland, 2015-03-10

Writing programs in prisons and rehabilitation centers have proven time and again to be transformative and empowering for people in need Halfway houses hospitals and shelters are all fertile ground for healing through the imagination and can often mean the difference for inmates and patients between just simply surviving and truly thriving It is in these settings that teachers and their students need reading that nourishes the soul and challenges the spirit *Words without Walls* is a collection of more than seventy five poems essays stories and scripts by contemporary writers that provide models for successful writing offering voices and styles that will inspire students in alternative spaces on their own creative exploration Created by the founders of the award winning program of the same name based at Chatham University the anthology strives to challenge readers to reach beyond their own circumstances and begin to write from the heart Each selection expresses immediacy writing that captures the imagination and conveys intimacy on the page revealing the power of words to cut to the quick and unfold the truth Many of the pieces are brief allowing for reading and discussion in the classroom and provide a wide range of content and genre touching on themes common to communities in need addiction and

alcoholism family love and sex pain and hope prison recovery and violence Included is work by writers dealing with shared issues such as Dorothy Alison and Jesmyn Ward who write about families for whom struggle is a way of life or Natalie Kenvin and Toi Derricotte whose pieces reveal violence against women Also included are writings by those who have spent time in prison themselves such as Jimmy Santiago Baca Dwayne Betts Ken Lamberton and Etheridge Knight Eric Boyd ennobles the day he was released from jail Stephon Hayes reflects on what he sees from his prison window Terra Lynn evokes the experience of being put in solitary confinement Because in 2011 almost half of all prisoners in federal facilities were in for drug related offenses there are pieces by James Brown Nick Flynn and Ann Marlowe who explore their own addiction and alcoholism and by Natalie Diaz Scott Russell Sanders and Christine Stroud who write of crippling drug abuse by family and friends These powerful excerpts act as models for beginning writers and offer a vehicle to examine their own painful experiences Words without Walls demonstrates the power of language to connect people to reflect on the past and reimagine the future to confront complicated truths and to gain solace from pain and regret For students in alternative spaces these writings together with their own expressions reveal the same intense desire to write and share one's writing found in the Russian poet Irina Ratushinskaya who scratched her poems on bars of soap in a Gulag shower or the Turkish poet Nazim Hikmet who smuggled bits of poetry out of jail in the clothing of visiting friends Wole Soyinka in solitary confinement forty years ago wrote that creation is admission of great loneliness In these communal spaces our loneliness is lessened our vulnerability exposed and our honesty tested and through these revelatory writings students receive the necessary encouragement to share the whispering corners of their minds

La última copa Daniel Schreiber, 2020-02-03 Un libro que nos har ver con nuevos ojos nuestra relaci n con la bebida Mi vida es evidente estaba absolutamente condicionada por el alcohol Todo lo dem s quedaba en un segundo plano aunque jam s lo habr a admitido Jam s se me habr a ocurrido pensar que ten a un problema con la bebida Durante mucho tiempo y de forma discreta el alcohol fue un elemento omnipresente en la vida del escritor Daniel Schreiber Este libro cuenta una historia de amor una dependencia y una ruptura es la historia de una persona a la que como a tantas otras nadie consideraba alcoh lica Qu pasa cuando un vaso diario de vino se convierte en una botella o en botella y media C mo no beber en una sociedad en la que hacerlo es visto como lo m s normal o conveniente pero que estigmatiza a quien no quiere hacerlo Con inusitada valent a y destreza narrativa Schreiber construye un relato que es a la vez un testimonio una exploraci n cient fica y una reflexi n sobre este parad jico problema de nuestra sociedad que es el alcoholismo Un libro que sin duda nos har ver con nuevos ojos nuestra relaci n con la bebida Un ensayo potente y honesto Se lee con entusiasmo y con la impresi n de penetrar en un terreno que estaba a oscuras hasta ahora No es en absoluto o no solamente un libro para bebedores Aborda un tema delicado en la historia cultural de nuestro tiempo la dial ctica de la dependencia Ursula M rz Die Zeit Todo un acierto Cuenta una historia de amor no correspondido A muchos lectores les resonar Tobias Rapp Der Spiegel Lo que aflora en este ensayo es el dolor de una lucha diaria de cada minuto en que uno

teme volver a caer Livres Hebdo Vom unerwarteten Vergnügen, nüchtern zu sein Catherine Gray, 2018-11-05

Deutschland ist ein Hochkonsumland Laut BZgA trinken rund 9,5 Millionen Deutsche zwischen 18 und 64 Jahren so viel Alkohol dass sie ihre Gesundheit damit gefährden Catherine Gray trinkt zunächst hin und wieder dann immer mehr bis der Alkohol fester Bestandteil ihres Lebens ist Doch sie schafft die Kehrtwende und war schließlich berührt von den Möglichkeiten die sich ihr dadurch eröffneten Ihr Buch geht weit über lustige Suffgeschichten hinaus Sie spricht mit Wissenschaftlern und Psychologen darüber warum wir trinken was wir uns damit antun und wie der Ausstieg gelingen kann Herzzerreißen und geistreich erzählt sie wie sich der erste Tag danach anfühlt und warum ein nüchternes Leben viel berauschender sein kann als Sie es sich jemals vorgestellt haben Tapfer, witzig und brillant geschrieben Marie Claire **The Sober Lush** Amanda Eyre Ward, Jardine Libaire, 2020-06-02 A sober hedonist's guide to living a decadent wild and soulful life alcohol free In a culture where sipping rosé all day is seen as the epitome of relaxation grabbing a drink the only way to network and meeting at a bar the quintessential first date many of us are left wondering if drinking alcohol really is the only way to cultivate joy and connection in life Jardine Libaire and Amanda Eyre Ward wanted to live spontaneous and luxurious lives to escape the ordinary and enjoy the intoxicating Their drinking however had started to numb them to the present moment instead of unlocking it Ward was introduced to Libaire when she first got sober As they became friends the two women talked about how they yearned to create lives that were Technicolor beautifully raw connected blissed out and outside the lines but how In The Sober Lush Libaire and Ward provide a road map for living a lush and sensual life without booze This book offers ideas and instruction for such nonalcoholic joys as The allure of the Vanish in which one disappears early from the party without saying goodbye to a soul to amble home under the stars The art of creating zero proof cocktails for all seasons Having a fantastic first date while completely sober A primer on setting up your own backyard beehive and honey tastings For anyone curious about lowering their alcohol consumption or quitting drinking altogether or anyone established in sobriety who wants inspiration this shimmering and sumptuous book will show you how to keep indulging in life even if you stop indulging in alcohol My Not So Secret Recovery Claire Hatwell, 2021-01-19 Claire Hatwell is a wife a mother of four and an advocate for sober living having fought a battle with alcohol addiction and won Addiction comes in many forms there isn't a stereotypical addict or a certain way into recovery and what works for one person won't necessarily work for all Claire shares her personal experiences to give hope to those in situations similar to the one she was in Her intention is to show those in need that there is a way out of addiction a way for families to understand those close to them and a way to see light at the end of the tunnel Claire says if she can get sober anyone can There were so many years when I wondered about my drinking but people like me don't have problems like that or do they Sometimes it's hard to admit something to others and harder still to admit it to yourself Having written the popular blog My Not So Secret Diary for the past few years this is Claire's first book and the story of her recovery and my journey to a life of sobriety Claire has been sober since 2016 My Sober Little

Moon Jon Lupin The Poetry Bandit, 2016-10-26 When I first tried to get sober in 2014 my life was falling apart Even though through out years of drinking every day I was functional I held a job had a mortgage cars a family but I was coasting and some point I had lost the will to love and love life At that point I hadn't lost any of those things yet because of my drinking but I was on a road where I could very well lose everything sober I would rustle up a few months here and there but I was going insane Thinking on my own and pushed me to the brink of insanity Something wasn't working for me and so I kept going back out there With the encouragement from my wife and an ultimatum from my family I sought help from people who have lived through this to tell their stories including a dear Uncle In 2015 it finally stuck I established a sobriety date 07 29 15 but I still needed something to keep my hands busy during those key times in the evening when I used to drink the most My wife reminded me of all those lovely songs I am a songwriter as well and poems I used to write for her when we were dating and was embarking upon a writing journey of her own Knowing how it helped her she stuck a typewriter in my face and said write because I know you can Just over a year later My Sober Little Moon is born In this collection of poetry I chronicled the early days of sobriety during 2014 when I failed to see the light and in 2015 when I found an answer Each piece takes the reader through the pain the addiction caused others how I viewed himself my Love and the world as I learned to live life without alcohol In those early days and still to this day I identified with a wounded bear and the phases of the moon and I wanted that to play into the images in the book In late 2014 I took on the pen name of The Poetry Bandit because I felt like I was stealing back my love for language and poetry and to do something worthwhile with it I had an English Literature BA but had wasted all that knowledge and passion It was time for the Poetry Bandit to make up for lost time

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